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Table of Contents

Introduction	3
Discussion.....	4
Conclusion	9
References.....	10

Introduction

The main focus of this essay is to show that childhoods can be considered as societal constructed concepts and in order to protect vulnerable children, maintain equality within the society is very important. This assessment demonstrates the components that can help in transforming the lifestyles of children and decreasing inequalities from old to existing times. The discussion also includes the reasons of how these components can help in improving the lifestyles of children. It also helps in providing a demonstration of the existing intercessions in the United Kingdom to motivate vulnerable infants. It also helps in showing how these interventions can decrease inequality between infants from rich and poor backgrounds. This essay focuses on the various regulations that have been set up by the government of the United Kingdom in order to provide the best lifestyles to the children of the nation.

Discussion

The **definition of a child** are mainly categorised into three categories and the first perspective is known as legal perspective which depicts that an individual who is below the age of eighteen is considered as a child. The biological view depicts that an individual is considered as the child since birth till he reaches the age of thirteen which is considered as puberty according to medical science. The social perspective reveals that a child is anyone who is vulnerable and requires to be protected from various risks that can occur in the society or at home (Douglas and Fourie, 2021). Childhoods can be considered as socially developed concept which signifies that there are no universal explanations of the term and the definition of a child depends on the social, medical or legal perspectives of people. This signifies the experiences of the child depend on the type of society and culture he is born and brought up in. For instance, in a nation like Congo, there are still various instances of child labours and child marriages. Females are not treated equally and are often victims of prostitution. Whereas, in a nation like England, there are no situations such as child marriages, labour and less level of prostitution problems as compared to developing countries of Africa and South East Asia (Sheridan *et al.*, 2020).

The three definitions that have been mentioned above have their own perspective regarding childhood and while comparing the above definition, it can be seen that a child is anyone who is below the age of eighteen. The social perspective reveals that a child is anyone who is vulnerable and needs protection and the legal perspective also reveals that a child is someone who is below the age of eighteen and it can be said that these individuals are vulnerable too and they need to be protected. So the main comparison between the three definitions of children is that children are individuals who are the youngest in the society and they are the ones who need protection.

This proves that childhood is a socially developed concept as it has been revealed that the child of England has a better life as compared to the children of Yemen. In the case of Yemen, a child starts working at the age of six and they need to face a lot of risks while working at such a small age. In the case of England, children receive education till they are sixteen years old and they can receive training when they are eighteen years old. Analysing the situation of children in these two nations it has been revealed that the state and life of the children are completely different. In Yemen, child labour is still relevant and it puts a lot of pressure in children. In England, it is a crime to be married below the age of sixteen as revealed by the act that is developed by the Children's commissioners of England and New South Wales. There are several instances of children becoming prostitutes in Thailand whereas people are taken into custody immediately if they are discovered trafficking young children. The "Sexual offence act" reveals that exploiting young individuals without consent

can even lead to death penalties in England which is done in order to protect the rights of children in the United Kingdom (Brown *et al.*, 2019). The **main factors of family lives** help in revealing that the family of the child has a huge impact on the experience of the child and his requirements.

The parents of children have great responsibilities such as they need to look after the health and safety of their children. Families can be considered as UK's changing concepts at present or in other words the structures of families have been changing a lot. For instance, nowadays both parents go to work and it is hard for them to focus on the wellbeing of their children. There are various other instances where the fathers do not work, or some parents are single due to being divorced or losing their partners. So it can be said that family is the same as the concept of the definition of a child. The family structure depends on the social values, religions and cultures of individuals. There are various types of families in the United Kingdom such as traditional families where the parents live with their child, the parents can be a father or a mother but due to relevancy of gay couples nowadays children are raised by individuals who belong to the same sex. Some parents cannot have children so they adopt children (Wright *et al.*, 2019). A child's parents can die due to some reason and such children are normally raised by grandparents and sometimes even raised in foster homes. It does not matter what kind of family the child is raised as long as all his needs are fulfilled. The government is responsible for checking whether all students are raised well so the nation has developed and improvised several acts in order to fulfil the main needs of children by making schools compulsory and restricting child labour and marriages.

While analysing the **changes in the lives of children since prehistoric times**, it has been revealed that there is a huge difference between the lives of children in the 16th century and the children in the 21st century. There were various viewpoints towards a child in Europe and it has evolved over the course of time. There are three main perspectives that were relevant in the sixteenth and seventeenth century (Jopling and Vincent, 2020). According to the Puritans, a child was considered evil in the sixteenth and seventeenth century. It is very hard to know why children were considered evil during this period but with the passage of time an individual named "Locke" improvised this concept and said that a child is neither good nor bad and their behaviour depends on the type of education he receives and the type of environment that he is brought up in. Another perspective of a child according to Rousseau is that a child will be good if he is raised by civilised adults but he can turn into a criminal if he is corrupted by an adult. There are **several components** that have helped in contributing to the change of lives of children and these components have reduced a lot of inequalities. There are several reasons for these factors contributing to the change in the lives of children. The change that has helped in improving the lives of children since Queen

Victoria's time till present involve change in legislations and policies, societal components and the disclosure of child developments and neurosciences (Eastwood, 2018).

England has developed several rules and regulations based on work, educations, health and safety of children and the U.N. Conventions on the rights of children. The child labor regulation that has changed the lives of children is the "1833 Factories Act" that was established in the nineteenth century. This act stated that children who are below the age of nine years will not be allowed to work or have a job and now this act has been reframed which is known as the "National Archives, 2021". Nowadays the child employment act has been revised and it reveals that child will be allowed to be employed only from the age of sixteen (Leaver *et al.*, 2018). The legislations that are based on child labor ensure that a child must be safeguarded from harms, abuses and exploitations. The government of the United Kingdom has made it compulsory for all children to be educated. The education legislations are the acts that can help in improving the lives of children and this was established in the 1800s. In the year 1880, "The Education Act" was established in England which made it mandatory for all children ranging from age five to eleven to receive proper education. It is compulsory for children to go to school until they are sixteen years old. It has been made compulsory as education is an important factor of the development of the economy.

The "Sexual consent legislation" helps in protecting children from being harmed and abused when they turn sixteen and this legislation also restricts individuals below the age of eighteen from purchasing or consuming alcohol. This has helped a lot in improving the health of children as alcohol consumption can be harmful for children below the age of eighteen. People are not allowed to have physical contact with a person who is below the age of sixteen as they are not capable of such physical consent. According to the "Rights of the Child" (UNCRC, 1991), all children have the "right to life, education". They have the right not to be discriminated and this act helps in protecting children from harm and abuses so that they can develop in a healthy and secure environment. Not providing a good childhood experience to students can lead to various negative impacts on the future developments of children. Neuroscience has provided evidences of the damage on a child's brain due to negative experiences in the initial ages of a child's life. The Bronferbrnner's ecological theory can help a lot in determining the various factors that can have an impact on the developments of children. There are five components such as Microsystems that symbolises the child and mesosystems can be considered as families of the child, their school, their mentors and playgrounds. Children must have all of these people and things included in their life as they can learn the most from their own family and schools.

The third system is known as ecosystems which reveals that in order to have a positive impact on the child's development, he must be provided health services and the people in the society and his extended families and friends must also have a good relationship with the child. The last components is the law and policies that is created by the government in order to protect the rights of the child. These laws as very important as these can help in protecting the child from violence and this can have a positive impact on the child and these laws that have been mentioned above have improved the state of children as compared to the past (Mikkelsen *et al.*,2020). Anti discrimination laws and education laws have helped children to live a better life in the UK as these laws are developed in order to ensure that the children of the country do not feel left out or bullied by the society or their own family. Maslow's hierarchy can also help in knowing the main needs of children and it can help in knowing the main differences between the lives of child at present and the past. The developer of this theory revealed that for individuals to attain satisfaction some needs must be fulfilled and it is the same for children. The children must be provided food and water abundantly by their parents in order to fulfil their psychological needs. Protecting them and making them feel safe by building relationships can help in fulfilling their safety needs. Belonging needs are the same as safety needs and for parents to make their children feel belonged, they must love them and allow them to make friends so that they can have someone to play with or spend time with. Respecting children and treating all children equally especially in primary schools can help in fulfilling their esteem need.

There are various ways that can aid a child and his family such as General Practitioners who can be considered as family doctors and they can help families take care of their health and prevent various illnesses. These practitioners are skilled and talented enough to help individuals prevent sicknesses. They must assess, diagnose, treat and manage sickness of families and their children in order to fulfil their safety needs. Parents must make sure to visit G.P.s in order to ensure that their child is healthy and free of sickness. The family of a child must also make sure to send their child to schools in order to help them strengthen their character, behaviour, beliefs and knowledge about the world. Sending children to schools can help a lot in making them find a purpose in life and the school must provide national health services to the students in order to ensure that students well protected and safe while attending classes and being present in schools. The NHS team of the UK must ensure that all children of the society are provided proper treatment and regularly diagnosed in order to ensure that the health and safety of the child is secured at home as well as at schools. The schools must focus on providing various services such as free schools meals and free doctor check up in order to fulfil their social, psychological, health and safety needs. Providing special assistance to the children who are disabled can also help in maintaining inclusivity

and making sure that nobody is discriminated within the school premises (Stuart *et al.*, 2020).

These services are very important as children are vulnerable individuals and they are more prone to various illnesses so providing regular checkups to the students can help in knowing that their needs are fulfilled. Providing such services to all the students can help in maintaining equality and it also help in improving their health. For instance, free meals at school are crucial as children have the right to receive food and water according to Maslow. So providing such meals can help a lot in supporting their development and providing NHS services and making parents visit G.P.s can help in fulfilling the child's right to health and safety. Fulfilling such needs is crucial for the future development of children and not fulfilling such needs can make children feel out of place and this can have a negative impact on their thoughts. Children are vulnerable and using such approaches can help in tackling with their vulnerability. As Maslow's theory reveals that fulfilling needs can help in motivating individuals and in the case of children who are vulnerable, fulfilling such needs can help in improving their health as well as mental health (Chanchlani *et al.*, 2020). The main factor that a child's family must focus on is the health and well being of their child and this can be done by taking them regularly to a doctor and admitting them in renowned schools. As it is very important to fulfil their needs, the parents of children must focus on providing all requirements of their children so that they grow up to be talented and good human beings.

Conclusion

Though there have been major changes and advancements in the lives of children, there are still various children who are living a hard life in the United Kingdom. The government must focus on identifying such children and helping them out by providing them with free health services and meals. Helping such children to study in schools by providing them free education can help them work harder to live a better life in the future. Though, the government will not be able to provide homes to all the children who live in poverty and do not have homes, they can help them by providing free education, free meals and health services in primary schools. This can help a lot improving the situation of such children in the United Kingdom. This essay has helped in revealing that England is a nation that has tried its best to improve the state of children over the years by developing the most stable regulations and rules. This essay has helped in finding out the improvements in the lives of children

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